



A
LETTER
TO A
PHYSICIAN,
Concerning the
GOUT and RHEUMATISM.



[Price Sixpence.]

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A
L E T T E R
T O A
P H Y S I C I A N

Concerning the
GOUT and RHEUMATISM.

Wherein is proved, from Reason and Experience, that the former is curable in as strict a Sense as any other Disease.

By M. MOONEY, M. D.

Qui denique omnia, quæ ægro accidunt, observando cognita, ad amissim ponderat seorsum singula, comparat deinde inter se universa, confert iis, quæ in sanitate contingunt, hincque tandem severitate ratiocinii subacti assurgit in intellectum causæ proximæ, & auxiliorum ei tollendæ aptorum, verum medici nomen meretur

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LETTER

PHYSICIAN

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W. D. MOORE

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S I R,

A GREEABLE to your Request I send you a Solution to your Enquiry. You, indeed, are too kind in complimenting me concerning the Success I had when I practised in that Climate, where you are now situated ; and where Rheumatic Disorders are in a particular Manner rife ; I hope that my Thoughts may be of Use to you in relieving the Pain of our Fellow-Creatures, which I cannot help thinking is a Principle we ought to

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purſue, notwithstanding we now and then incur the Cenſure of our *Grub-ſtreet* periodical Critics, thoſe mercenary Cenſurers of Arts and Sciences, who have taken much Pains to ſhew Mankind, that they are not acquainted with the common Rudiments of them ; and who have in this large Town erected an Empire, ſimilar to the Worſhip the Devil has eſtabliſhed for himſelf in ſome barbarous Nations ; namely, that Sacrifices and Offerings muſt be made to them, to reſtrain them from doing Miſchief, the one to the Perſons, the other to the Characters and Works of Men.

Rheumatic Diſeaſes then were not accurately deſcribed by the Antients, particularly the *Greeks*, neither do they ſeem to have treated them properly : This, I think, was owing to the Rarity of ſuch Caſes in their warm Countries ; but in theſe northern

northern Climates we are better acquainted with, and know much better how to treat them. It seems that the Rheumatism and Gout were many Ages confounded together, nor were they tolerably distinguished before the Time of *Piso*, *Schenkius*, &c.

And tho' the natural History of the Gout seems to have been tolerably well laid down, yet that of the Rheumatism seems by no Means so to be. *Sydenham* is the only Person to whom we are indebted for any Thing worth Notice in that Way, but it will appear in the Sequel of this Epistle, that what he has done requires some Animadversion.

With us there are two Kinds of Rheumatism, the acute and chronic; the first always attended with a severe Pain, and a small Degree of Fever, and if ill cured, or suffered to continue long, terminates in the lat-

ter : where the Matter becomes excessively viscid, and is of difficult Cure ; however, the Viscidity of this Humor is never so great as in Inflammations. They are more frequent in Spring and Autumn, and seem to take their Rise from Cold, stopt Perspiration, &c. which brings on a slow Fever, Swelling, and Pains arising in the Extremities ; when the perspiratory Vessels, which are the Ends of the cuticular Arteries, are stop'd and constringed by the Access of Cold, the noxious Matter is retained and accumulated in the other Vessels ; and by their Distention the Matter becomes acrid, so as to deprive the Mass of Fluids, create Anxieties, and other acute Disorders.

Sanctorius computes the perspirable Matter to equal five-tenths of all our other Secretions, and thence deduces a Plethora, and its Attendants ;

dants ; but it seems more reasonable, that a Plethora is an over Quantity of good Fluids which impedes the Circulation, brings on Torpitudes and Inertness ; rather than a Plethora in his Sense, where the Patient seems to suffer from the Depravity of the Fluids, occasioned by the Retention of the *perspirabile* Matter : since we know that Salts, Oils, &c. may by Heat and Attrition become highly noxious ; and as Blood abounds with these, and tends naturally to Putrefaction, it may suffer the same mechanical Alterations.

The Fever that is excited in this Disorder, seems the most salutary Effort of Nature to attenuate the Humor, and destroy its Viscidity ; for whenever the Humors preternaturally abound, and become viscid, Nature then to disburden herself of the Load, excites a Fever ; by which she so attenuates the Humors,

mors, that they are rendered fit to be expelled the Body. This Attenuation of the Humors by their Motion, Circulation, Attrition and Collition within the Blood-vessels, is exemplified in beating up the Mucus of the Stomach, by which it becomes of another Nature, and loses all its Viscidity.

Now if this Fever be kept up and properly managed, so as not to waste the Patient's Strength, it co-operates with your Medicines in your Design of attenuating and resolving the Humors.

The Seat of a Rheumatism is never essentially in the Vessels that contain the red Blood Globules, but in the serous and lymphatic ; not but that sometimes there is an accidental Inflammation of the sanguinary Vessels, attended with Suppuration ; but this last happens from the Intenseness of the Pain : and the
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Tendernefs of the fanguinary Veffels conjunctly. This is evident, if we take the Foot of a living Frog, and place it properly in a Microfcope, then prick the Membrane in the moft nervous Part, free from the fanguinary Veffels, and an Inflammation will be fpontaneoufly produced, if a Part feized with the rheumatic Humor appears red, perhaps it will fuppurate ; but if it be white, the Diforder is feated in the ferous and lymphathetic Veffels ; this might be proved *à priori*, from the Abfence of Inflammation or Suppuration, which do not attend Rheumatifms as fuch ; and *à pofteriori*, from Diffections, where the Matter is always found between the Interftices of the Mufcles and Membranes. When this Matter becomes very vifcid, I doubt much of a Cure, at leaft it is very difficult.

A Suppuration fucceeds an In-
flam-

flammation; when the Blood by some Cause is forced into Vessels, which are too small, they become distended, and torn thereby, and so evacuate their Contents into the Interstices of the Muscles; which Nature not bearing, excites a Suppuration; but the serous Vessels have no Pulse, therefore are not liable to Suppuration. Parts where the Circulation is not rapid, are most liable to the Rheumatism, for the slower the Circulation, the greater Disposition to a Lentor.

Most Swellings of the Extremities are Rheumatic; and if they fall it shews a Metastasis of the morbid Matter.

A Metastasis of the morbid Matter renders the Disorder dangerous, whether it is so translated by a Fall, Contusion, or otherwise, to any of the noble Viscera; for when it comes to be absorbed by the Veins,
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and thence carried to the Heart and pulmonary Artery, it is there too viscid to pass, and must form Obstructions.

We often see Instances of such Translations in the Small-Pox, &c. where, about the End of the Disorder, a violent Peripneumony arises; but some there are, who tho' they have the pulmonary Artery so lax as not to be obstructed, yet may suffer Infarctions in the smaller Vessels of the Head, which bring on Coma's, Stupor, and other violent Symptoms. Sometimes this happens to the Liver and Intestines, and so produces purulent Diarrhæas, Boils, &c.

When the Disorder is on the Decline, and the Patients growing better, they have a whitish Sediment in their Urine, but not so solid as those who are in the Decline of inflammatory Disorders: and the Sediment I take to be the morbid Mat-

ter concocted, and so thrown off by the Kidneys ; which if it continues the Patient certainly recovers. If the Skin, which at the Beginning was rough and dry, becomes in the Progress of the Cure soft and perspirable, it is a good Sign.

In the Cure of Rheumatisms some use Purgatives, others Emetics, others Sudorifics, but all use Bleeding ; of all which I shall treat in Order.

Sydenham in his Method of curing this Disorder, orders Venesection three or four Times, which indeed cures the Patient for the present, but he lingers out the rest of his Life in a chronic Disease ; this Evacuation stopping the Fever, so as that ever after the Humors cannot be attenuated or expelled.

But he finding that Venesection, and other Evacuations which he used to a great Degree, were unsuccessful in the Cure, substituted in
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their Room, a very low Diet, consisting of Whey, and the like, equally reducing the Patient's Strength and Fever low, which makes this Practice very precarious, and not at all to be admitted as regular.

Bleeding, if the Pulse be full and strong, which generally it is, tho' not hard, so as not to lessen the Fever, is to be admitted; first, because lessening the Quantity of the Blood gives it a greater Velocity, and in some Measure prevents a Lentor, that the Remainder may be more easily attenuated and resolved; for when there is a large Quantity of Blood, it becomes by its Velocity impacted in the lesser Vessels, so that some are distended, and others compressed, which allows of, and forms Obstructions. Secondly, By Bleeding Room is made for Sudorifics, which have more Power to at-

tenuate the morbid Matter when Part of it is evacuated, and the Vessels uncrouded ; then an Emetic may be used when the Patient complains of a Pain in the Head and Stomach, and an unusual Sickness, which is a Sign of viscid Humors in the Stomach.

Next Day a Purgative ought to be administered to carry off the Mucus from the Intestines, dislodged by the Shock, least it should remain a constant Fomes for the Disease.

These Purges indeed ought to be of the milder Sort, in the Form of a Ptisan, with some of the neutral Salts ; as they go off by the Intestines, attenuate and carry off the viscid Stuff lodged in the *Prima Viæ*.

Draughts are never to be used ; first, Because they make too great a Derivation to the Intestines of the Matter you would endeavour to expel by the Skin ; and, secondly, As they

they weaken the Patient too much, so as that a Man in full Vigour may by a harsh Purge be brought low in the Space of three or four Days. Thirdly, They frequently bring on Leucophlegmatia's, &c. then use Attenuants, such as a Decoction of the aperient Roots *, with the *Spiritus Mindereri*, *Tart. Vitriolat. Regener.* or such like. This will resolve these Obstructions, and prevent the forming of more; and as this Disorder arises from a stop'd Perspiration, so restoring it will help to a Cure, for the same Medicines which will dissolve the Obstructions, will likewise dissolve the Blood, and by promoting a gentle Sweat, and
Dia-

* *Rad. Graminis.*

—— *Fæniculi.*

—— *Petroselini.*

—— *Bardanæ.*

Cui adde Sp. Minder. These are vastly sudorific, especially the *Sp. Minderer.* as it acts by a Stimulus, so as to increase the Circulation, resolves all Viscidities, is diuretic, and increases Perspiration.

Diaphoresis, the Matter is always making its Way out, being sufficiently resolved. Sudorifics must surely be the most certain Remedies, as they carry off the Causes, and allow an Exit to the accumulated Humors.

This Reasoning is confirmed by what in Practice we daily observe; namely, that Sweating relieves any Pain but especially the Part it first appears in.

But as in Pleurifies, so in the Rheumatism, never give strong or violent Sudorifics, as it is much better to endeavour to attenuate and incide the Humors by a gentle Sweat kept up for some time, and because that by violent Sudorifics, the more thin Parts of the Humors are carried off, and the viscid and more gross remain unfit for Circulation, and can never after be attenuated.

It is often difficult to raise a Sweat in the Part affected, yet it is very effectual,

effectual, if practicable. Your Sudorifics should be of the diluent Kind, that by their Quantity render the viscid Humor capable of being thrown off by the Skin, whilst they having their Parts small, come off with it, they ought never to be so strong as to excite a Fever.

Aromatics raise a Sweat merely by stimulating the Vessels to a brisker Circulation, and greatly increasing the Animal Heat ; and if they fail in procuring a Sweat, as they frequently do, are dangerous Medicines.

Alkalies, and neutral Salts, as they attenuate and dissolve, seem to act in a quite contrary Manner : I therefore prefer those of the attenuant Kind ; for when the *Primæ Viæ* are cleared, and the Blood's Impetus lessened, a gentle Diaphoresis kept up sometime will certainly carry off the Disease. When Perspiration is stop'd, there is a greater
Flow

Flow of Urine, and *è contra*, therefore Diuretics are useful in these Cases.

The *Vinum Benedictum*, from 30 to 40 Drops, is an Attenuant, and if given so, as not to raise a Nausea, or run off by Stool, will operate very well by raising a gentle Sweat; for when it cannot pass off by the *Primæ Viæ*, by Reason of the Smallness of the Dose, but enters into the Blood, it attenuates it; therefore in Rheumatisms it must be a very proper Remedy, acting powerfully by its subtle Sulphur and Regulus.

Dr. *Huxham* has much recommended it, but in so small Doses, I doubt its Success.

If the Rheumatism seizes a particular Part, nothing relieves more effectually than a Vesicatory applied on the Part affected; from which I have observed surprising Success, nothing

thing attenuating more than Cantharides.

Having now sufficiently shewn you my Sentiments concerning rheumatic, I shall next proceed to arthritic Diseases : On which I shall be very short, as the History of this Kind of Affects is already sufficiently clear, and tolerably well laid down : The curative Part is that alone on which I have any Thing new to offer.

Many Physicians have thought this Disease incurable, and they Persons of no small Character for Learning and Ingenuity.

But this Error must have arisen from too great an Attachment to senseless Theory, which will ever mislead us from experimental Truth. One indeed must be surpris'd to find in this Number the learned and judicious *Boerhaave*, who has said much to discourage us from any

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Attempt to find out its Cure.

But this is not the only Error this great Man was deluded into, from too hasty Conclusions drawn from a very uncertain Theory ; and I think such Persons ought to regard that Maxim laid down by my Lord *Bacon*, which must ever hold true, namely, “ That to treat Diseases as “ incurable, is to establish Ignorance, as it were, by a Law.”

The learned World have long known, that *Cneofelius* did really cure it without any dangerous and precarious Method, and much regret his dying, without having discovered the Secret.

Hoffman has guessed it to be horizontal Gold ; but I can assure his Followers it is not, nor could there be any Thing mercurial in the Process.. Having long prosecuted the Discovery of that valuable Medicine, I at last flattered my-

myself that I had found it ; and indeed my Medicine answers every Character of his, and every Circumstance in its Effects.

Some time I used it in the Manner he had done, with great Success, but thought the Medicine still further improvable ; I bent all my Thoughts that Way, and indeed have not lost my Labour ; for instead of passing off by Stool, as his did, I find that acting as a powerful Diaphoretic and Diuretic, it had a more desirable Effect, and performed the Cure in a much less Time ; so much so, that I will venture my Character, Reputation, nay, all that is dear to Man, on the Truth of this Assertion, namely, That it will take off the most violent Fit of the Gout in twenty-four Hours, without any present or future Detriment to the Constitution ; as will further appear from the following Facts, concern-

ing which I desire that nothing may be taken from what I relate of them, without a strict Enquiry from the Persons themselves, who are mostly Persons of undeniable Veracity and Character, and above the Temptation of concurring in an Untruth.

If the Paroxisms of the Gout be the critical Efforts of Nature, to expel the morbid Matter accumulated in a certain given Time, pray can we do nothing (except recommending Patience and Flannel, which are but poor Comforts to a distressed Patient; and the Asylum of Ignorance in the Practitioner) in order to help Nature in its Expulsion? Yes, a cuticular Discharge of this Matter is practicable, and frees the Body of the Pain and its Cause at one and the same Time, and let the greatest and most prejudic'd Genius's in our Art, harangue and torture their Brains never so much, yet this Truth they

they must at last confess, that this, if practicable, is highly salutary, and can never be attended with any ill Effect.

I have always found, that the Poplitean Issue, first recommended by the ingenious Mr. *Ingram*, in such as would submit to it, has greatly contributed to prevent the Return of the Paroxysms.

When chalkey Concretions appear, I have seldom found the Medicines in common Practice of any Use ; but by the Help of this Issue, the Medicine aforesaid, Exercise, and a proper Diet, I have frequently found the Concretions dissolve.

The Case of Mr. *Trafford*, Wine - Merchant, in *Cecil-* *Street*, in the *Strand*.

This Gentleman having a most grievous Fit of the Gout, sent for
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me on *Saturday* the thirtieth of *July* 1757, I found him with a considerable Tumor of one of his Knees, attended with most acute Pain, a violent Inflammation of the Foot of the same Side, which at that Time was almost black : He was in this Condition from the *Tuesday* before ; he begg'd in the most pathetic Manner, that I would give him Ease. I told him I would take off his Fit before that Time next Day ; at which he was much surpris'd, nor did he really think it possible ; however, resolv'd he was to try. I order'd him to Bed, and immediately gave him a large Spoonful of my Medicine : This I order'd to be repeated every two Hours, which was accordingly done.

I visit'd him the Day following, and found him quite free from the Gout ; his Pulse quite free and regular ; the Tumor subside'd, and the

the Part reduced to its natural Colour and Dimension ; nothing remaining but the Weakness incident to the Ravage the Disease had made on the Part, which he recovered without any other Assistance in two or three Days, and has been perfectly well ever since.

The Truth of the above Case in every Particular, I attest, as Witness my Hand, this 10th Day of *August* 1757.

Thomas Trafford.

The Case of Mr. Bransford in Banbridge-street, St. Giles's.

This Person had a violent Fit of the Gout in *March* last, which continued near a Week before I was applied to ; he took the above Medicine in the same Manner, which
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took off the Fit in one Night's Time.

The Case of *P. Boyle*, in
*Baldwin's Gardens, Gray's-
Inn-Lane.*

This poor Man had been many Years afflicted with the Rheumatism, and was turned out of an Hospital incurable. Many Months he had not been able to get out of Bed ; and when rais'd in order to give him Food, he used to cry out in a most hideous Manner.

I was requested to visit him, which I did, and for Charity gave him my Medicines, which had such an Effect, that in four Days he was able to walk to my House in *St. Martin's Street, Leicester-Square*, to return me Thanks for his Cure.

The Case of Mr. *Nelson*,
Shoe-maker, in *St. Martin's*
Street, Leicester-Square.

This Person had been some considerable Time afflicted with a most painful Rheumatism : He was under the Care of many celebrated Physicians, and at last under Mr. *Ward*, but to no Purpose. He made Use of my Medicines, and was in a short Time cured, using nothing afterwards but the Cold Bath.

The Case of Miss *Nancy*
Flower, in *Berry - Street*,
St. Mary Ax.

In *April* last this young Lady fell into a most acute Rheumatism, occasioned by great Fatigue in sitting

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ting up at Nights with her Sister, who was then in an inflammatory Fever, for which I attended her. It attacked her Limbs in a most violent Manner ; her Fever grew very high, and the rheumatic Matter settled on her Lungs and Brain.

This was one of the most dangerous rheumatic Cases I ever met with. It was not then in my Power regularly to attend her, as I was obliged to be in the Country ; during which Time another Physician was applied to, a Gentleman of great Knowledge, Sincerity, and good Nature, who did all that regular, established Practice could inculcate, to cure her ; but alas ! in vain : She grew much worse, and her Strength decreased considerably.

This Gentleman relinquished the Case, having done all that any Man in the Profession could, without the Assistance of this extraordinary Medicine.

dicine. It happened in the mean time that I came to Town, which gave the Family inexpressible Joy. I was applied to, and waited on her ; I found her quite emaciated, her Pulse exceeding low, and intermitting, and her Breathing extreamly difficult. She desired to have this Medicine, and I, on my own Part, thought the Case so desperate, that all Medicine would be useless. However, I brought it her, and the very first Dose of it she took she found herself considerably better, and in a short Time was perfectly cured. I also ordered her to persist in the Use of a Mixture of *Lac Ammoniac.* and *Ox. scilit.* to relieve her Breathing.

I could have added many more Cases relating to the Effects of this valuable Medicine, but that I think I have already transgressed the Bounds of an Epistle. I have only this to add, that the Success attending it
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are not more conspicuous in the Gout and Rheumatism, than in Pleurifies; for of near 150 Patients which I have had under my Care in that Disease, since I discovered it, I never lost one, tho' I blooded them but twice during the Cure.

Now, Sir, if there are any Hints in this Epistle that may be useful to you, or serviceable to the Public, I shall be extreamly happy in contributing to either. But your believing that the principal Intention I had, was the Design, to promote both, will lay a lasting Obligation on,

S I R,

Your most obedient,

humble Servant,

M. MOONEY.